

**Abstract of the Disclosure**

The invention relates to an infrared radiator with a heating element containing carbon fibers disposed in a quartz glass tube, with its ends connected to contact elements running through  
5 the wall of the quartz glass tube. The known radiators are improved by the fact that the heating element is spaced away from the wall of the quartz glass tube and it is centered on the axis of the quartz glass tube by means of spacers. The invention furthermore relates to a method by which the infrared radiator is operated at heating element temperatures greater than 1000°C.